

Abstract

Title

Evaluating the Effect of Spa Treatment for Ideopatic Scoliosis

Objectives

The main objective of this work is to evaluate effect of spa treatment for children with ideopatic scoliosis at age of 12-15 years. My objective was to find out the efficiency of spa treatment. I also would like to find out a long-term effect while comparing girls and boys. A long-effect means, that the spa effect will last at least until the next spa visit.

The next objective was to find out how many children are affected by ideopatic scoliosis, or how many children suffer from bad body posture. I was also seeking, if there is sufficient number of spa centers for treating these kinds of diseases in Czech Republic.

Methods

This work has a scientific character. It is a retrospective study focused on evaluation of the effect of spa treatment for children with ideopatic scoliosis. For evaluating the rate of improvement, informations from semi-standartized tests was used. These tests are used in the spa centre in Lázně Bělohrad, Czech Republic. I extracted a selected category of patients, compared these data, and visualised them in a graphs. There are 5 physioterapists working in this centre, and all of them are using the same methods for patient monitoring. However, all data had to be standardised before working with them, mostly because of different age of patients (age of 12-15 years) and relevant input values (FVC).

Used methods

- ❖ Searching for suitable medical
- ❖ Data clearing and processing
- ❖ Interview

Results

I found out, that with growing number of spa stays, patient's health status is getting better in average. However, the rate of improvement is slightly different for boys while comparing to girls. The long-term spa effect can be seen after repeated stays. It is possible to say, that after first spa stay, there is a significant improvement in patient's health status and there is the biggest improvement in muscles with tendency of shortening. On the other side, repeated spa stays are helpful for keeping health level after first stay, and muscle power is getting better. A surprising result was a fact, who from a group of boys and girls has a better rate of improvement. In general, boys used to have the largest rate of improvement after first spa stay, however, repeated stays was not bringing another significant improvements. On the other side, girls are getting continuously better after every spa stay, which is a better case while treating ideopathic scoliosis.

While searching for spa centers in Czech Republic I found out, that there is insufficient number of centers of this kind. The fact is, there is a too low appeal for prevention, even if there is slight increase in children treatments annually. However, this information is just my opinion not based on country-level statistics. The last result was a surprising resolution about a good level of information from public.

Keywords

3D spine deformity, Cobb's angle, conservative – spa therapy.